

## **Yoga For The Office – 10 Week Session 7/18 – 9/19**

### **Morning Moves - July 18 & 25**

- Power-On Meditation (restart; 3 part deep breathing)
- Upward Spiral (chair twist; one hand on arm of chair)
- Attitude Elevator (hands behind on chair; left heart; look up)
- Keyboard Warm-ups (interlocked fingers; extend up / out)

### **Midday Maintenance – Aug 1 & 8**

- Political Toe Pointing (point toes; circle; fointing)
- Spreadsheet Hip Opener (cross legs; ankle on knee; fold at waist)
- Wrist Upgrade (fold wrist; point fingers up / down; one hand with sight pressure on fingers)
- Banker's Pose (thumbs under arms; finger point out; extend; lift heart)
- Victory Side Stretch (arm extended up; bend to one side then the other)

### **Take A Break Moments – Aug 15 & 22**

- Climbing the Career Ladder (standing; foot flat on chair; twist)
- Briefcase Bend (standing; fold forward; hinge a waist; flat back then round back)
- Downward Desk (standing; both hands on desk, legs straight; fold forward with flat back)
- Seat of Global Exchange (from standing squat; feet flat on floor wider than hip distance)
- Rat Race Release (standing; one heel on chair; leg straight; fold forward)
- Quad Quota (standing; bent leg toward back; top of foot in palm of hand)

### **Presentation Pranayama –Aug 29 & Sep 5**

- Brain Buffer (palm on brow energy center; breathe deep; release negativity)
- Breath of Fire (fast inhale / fast exhale thru nose; belly moves in out fast)
- Balance Sheet Breath (alternate nostril breathing with right hand)
- Digital Dancing (fingers to thumb - Do-Re-Mi-Fa-So-La-Ti-Do)

### **Winning Wind-Downs – Sep 12 & 19**

- The Eyes Have It (look up, down, left, right)
- Big Picture Vision (warm hands; cup over eyes; with closed eyes look toward brow)
- Mental Maneuvers (neck circles, shoulder shrugs; hug yourself)
- Brainstorm Booster (head massage – front, top, back)
- Thought Massage (palms or finger tips rub temples)
- Necktie Rubdown (massage back of neck; elbows lift up)
- Closing Up Shop Twist (chair twist; one arm on back of chair)
- Clear Your Desk Meditation (mindful organizing; cleaning)

[http://das.hre.iowa.gov/benefits/benefit\\_pages/well\\_yoga.html](http://das.hre.iowa.gov/benefits/benefit_pages/well_yoga.html)

#### **10 Week Session 7/18 – 9/19**

#### **Hoover Building, Level A**

**11:40 a.m. to 12:20 p.m.**

July 25, 2007 Room 5

August 1, 2007 Room 7 & 8

August 8, 2007 Room 7 & 8

August 15, 2007 Room 6

August 22, 2007 Room 8

August 29, 2007 Room 7 & 8

September 5, 2007 Room 7 & 8

September 12, 2007 Room 7 & 8

September 19, 2007 Room 7 & 8